



13. Werraenergie Pleßlauf

Breitungen / 21.08.2016

Detailed evaluation

Winkler, Tobias

Club: der-marathon-toby

Number: 361

Course: 30.00 km

30 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:26:24

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 9 (of 25)

Rank in course/Men: 8 (of 19)

Best time in course: 1:55:03

Rank in category: 1(of 6)

Best time in the category: 2:26:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Pleß Kontrolle	18.00	1:32:00	5:06	2	1:50	9	20:37	18.00	1:32:00	5:06	2	1:50	9	20:37
Pleß Kontrolle	4.00	20:28	5:06	1	-	7	4:06	22.00	1:52:28	5:06	2	1:39	9	24:43
Festplatz	8.00	33:56	4:14	1	-	7	6:38	30.00	2:26:24	4:52	1	-	8	31:21